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| <b>Sunday</b>    | <b>Dinner</b>    | Picnic Lunch: Walking Tacos, Juice Boxes, Chocolate Chips                                                             |
| <b>Monday</b>    | <b>Breakfast</b> | Pancakes, Sausage Links, Hard Boiled Eggs, Cinnamon Streusel Coffee Cake, Yogurt Cups, Fresh Fruit                    |
|                  | <b>Lunch</b>     | Hamburgers, Potato Chips, Salad Bar, Rice Krispie Treats, Watermelon Slices                                           |
|                  | <b>Dinner</b>    | Chicken or Canadian Bacon Puff Pastry Dough Roll-Ups, Glazed Carrots, Salad Bar, Strawberry Shortcake, Fresh Fruit    |
| <b>Tuesday</b>   | <b>Breakfast</b> | Scrambled Eggs with Ham & Cheese, Hash Brown Patties, Muffins, Yogurt Cups, Fresh Fruit                               |
|                  | <b>Lunch</b>     | Corn Dogs, French Fries, Salad Bar, Jello Cubes, Fresh Fruit                                                          |
|                  | <b>Dinner</b>    | Swedish Meatballs, Mashed Potatoes, Beef Gravy, Sweet Corn, Dinner Rolls, Salad Bar, Cake, Fresh Fruit                |
| <b>Wednesday</b> | <b>Breakfast</b> | French Toast Sticks, Sausage Patties, Cinnamon Sweet Rolls, Yogurt Cups, Fresh Fruit                                  |
|                  | <b>Lunch</b>     | Chicken Wild Rice Soup, Ham or Turkey Subs, Goldfish Crackers, Salad Bar, Sugar Cookies, Fresh Fruit                  |
|                  | <b>Dinner</b>    | Penne with Italian Sausage Meat Sauce, Italian Vegetables, Breadsticks, Salad Bar, Chocolate Sundae Cups, Fresh Fruit |
| <b>Thursday</b>  | <b>Breakfast</b> | Scrambled Eggs with Cheese, Ham Patties, Fruit Turnovers, Yogurt Cups, Fresh Fruit                                    |
|                  | <b>Lunch</b>     | Chicken Tenders, Tater Tots, Fresh Veggies, Salad Bar, Vanilla Pudding, Fresh Fruit                                   |
|                  | <b>Dinner</b>    | Beef or Chicken Empanadas, Salad Bar, Churros, Fresh Fruit                                                            |
| <b>Friday</b>    | <b>Breakfast</b> | Waffles, Sausage Links, Hard Boiled Eggs, Danishes, Yogurt Cups, Fresh Fruit                                          |
|                  | <b>Lunch</b>     | Hot Ham & Cheese Sliders, Fresh Veggies, Potato Chips, Salad Bar, Snickerdoodles, Fresh Fruit                         |
|                  | <b>Dinner</b>    | Cheese Pizza, Pepperoni Pizza, Veggie Pizza, Pasta Salad, Caesar Salad, Frozen S'More Bars, Fresh Fruit               |
| <b>Saturday</b>  | <b>Breakfast</b> | Pastries, Donuts, Hard Boiled Eggs, String Cheese, Assorted Hot & Cold Cereals, Yogurt Cups, Fresh Fruit              |

Trout Lake Camps kitchen staff members are accustomed to serving campers with special diets and we do everything in our power to provide safe and tasty alternatives. Gluten/dairy free alternatives are always available to our campers on our alternative serving line during meals as well as vegetarian options. Our kitchens are free of peanut and tree nut products. We provide soy and oat milk in our dining room beverage stations. Campers can bring a few personal food items with them if it is necessary and store them in our guest cupboard or refrigerator located in easily accessible areas in the dining halls (labeled with name and dates). If you have any questions regarding special diet needs, please email [rLockhart@TroutCamps.org](mailto:rLockhart@TroutCamps.org).